

Nutrition Facts

about 7 servings per container

Serving size 2 oz (56g)**Amount Per Serving****Calories** **190**

% Daily Value*

Total Fat 1g **1%**Saturated Fat 0g **0%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 0mg **0%****Total Carbohydrate** 39g **14%**Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 2g Added Sugars

Protein 10gVitamin D 0mcg **0%**Calcium 14mg **2%**Iron 2mg **10%**Potassium 245mg **6%**Thiamin **40%**Riboflavin **15%**Niacin **30%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.